



Name of Student: \_\_\_\_\_ Date: \_\_\_\_\_

**Homework Assignment - Part 1: Multiple Choice Test**

**1. What is the purpose of Twin Forearm Block?**

- a) To block one opponent - someone trying to choke or attack you from the side
- b) To block two opponents - one attacking at the front & one attacking at the side
- c) To block several opponents - defensive move covering yourself from multiple sides
- d) All of the above

Your answer? \_\_\_\_\_

**2. What is the purpose of a Circular Block with the Inner Forearm?**

- a) To create a circular motion and build more speed for a stronger inner forearm block
- b) To block two attacks - one low attack and then one middle attack
- c) To capture a front snap kick and throw it away
- d) All of the above

Your answer? \_\_\_\_\_

**4. What is the correct attacking tool for a 180 Degree Reverse Hooking Kick?**

- a) The ball of the foot
- b) The bottom of the foot
- c) The foot sword
- d) The back of the heel
- e) None of the above

Your answer? \_\_\_\_\_

**4. Which hand forms a fist in Won-Hyo Tuls ready position?**

- a) The left hand forms a fist
- b) The right hand forms a fist
- c) It does not matter which hand forms the fist

Your answer? \_\_\_\_\_

**5. True or False: The front snap kicks in Won-Hyo Tul are performed to Middle section.**

- a) True
- b) False

Your answer? \_\_\_\_\_



**Homework Assignment - Part 1: Multiple Choice Test cont.**

**6. How many (quantity of) punches are in Won-Hyo Tul?**

- a) There are 6 punches performed in the Pattern Won-Hyo
- b) There are 4 punches performed in the Pattern Won-Hyo
- c) There are 8 punches performed in the Pattern Won-Hyo
- d) There are 9 punches performed in the Pattern Won-Hyo

Your answer? \_\_\_\_\_

**7. Which statement is the safest method in catching a front snap kick (self-defense)?**

- a) As you catch the leg, you are moving to the open side of the opponent for more openings
- b) As you catch the leg, you are moving to the closed side of the opponent to stay safe
- c) It does not matter which side you move when catching the leg

Your answer? \_\_\_\_\_

**8. What is the first step in performing an escape from a side head lock (self-defense)?**

- a) First you need to stop, think and not panic
- b) First you need to use your hands and resist the choke while re-positioning your head
- c) First you need to strike and stun your opponent to weaken the grab
- d) First you need to check your surroundings

Your answer? \_\_\_\_\_

**9. Which is the most correct way to perform a Fixed Stance?**

- a) It is 1.5 shoulder widths from the back of the heel (*rear foot*) to front of the toes (*front foot*)
- b) It is 1.0 shoulder widths from the big toe (*rear foot*) to the big toe (*front foot*)
- c) It is 1.5 Shoulder widths from the inside of the heel (*rear foot*) to the front of the big toe (*front foot*)
- d) It is 2.0 Shoulder widths from the back of the heel (*rear foot*) to front of the toes (*front foot*)
- e) It is 1.0 Shoulder widths from the inside of the heel (*rear foot*) to the front of the big toe (*front foot*)

Your answer? \_\_\_\_\_

**10. True or False - when you are performing a jumping side piercing kick you should tuck your non-kicking leg.**

- a) True
- b) False

Your answer? \_\_\_\_\_



**Homework Assignment - Part 2: Written Answers**

**1. What are the 6-elements of the Theory of Power (6-points)**

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- a) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

**2. What is the meaning of Green Belt: (2-points)**

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**3. What is the meaning of Won-Hyo Tul? (3-points)**

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**4. How many moves are in Won-Hyo Tul (Pattern)? (1-point)**

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**5. What is the name of the ready position for Won-Hyo Tul ? (1-point)**

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**Homework Assignment - Part 2: Written Answers cont.**

**6. What is the purpose of Bending Ready Stance A? (2-points)**

a) \_\_\_\_\_

b) \_\_\_\_\_

**7. What are the counter attacks for: (2-points)**

Two Step Sparring #3 \_\_\_\_\_

Two Step Sparring #4 \_\_\_\_\_

**8. What does SELF-CONTROL mean to you? (1-point)**

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\_\_\_\_\_

**9. List 2 things you can do to demonstrate SELF-CONTROL each day (2-points)**

a) \_\_\_\_\_

b) \_\_\_\_\_

**TEST RESULTS**

MULTIPLE CHOICE GRADE: \_\_\_\_\_/10

**TOTAL SCORE: \_\_\_\_\_/30**

WRITTEN SECTION GRADE: \_\_\_\_\_/20

This test was marked by: \_\_\_\_\_ Date: \_\_\_\_\_